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ABSTRACT

Outdoor games and recreational activities for students from kindergarten to grade 12 are described. A suggested scope and sequence of playground activities is given for: hardtop; field; ice activities; and snow activities. The activities are divided into three groups according to age: early years (K-4); middle years (grades 5-9); and senior years (grades 10-12). Included in each description is identification of the physical skill the game develops, the equipment needed, the number of players that may be involved in the activity, and directions on how the game is played. A 13-item bibliography and a list of 18 suggested reference books are appended. (JD)

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PLAYGROUND ACTIVITIES

A SUPPLEMENT TO

K-12 PHYSICAL EDUCATION CURRICULUM GUIDE

MANITOBA DEPARTMENT OF EDUCATION

1984

ISBN 0-86497-119-2

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INTRODUCTION

The purpose of this playground activities booklet is to encourage more teachers to involve students in outdoor playground activities. The majority of physical education time is spent indoors. More time could be spent outdoors all year round.

Why go outside on the playground for physical education?

- The outside air is fresher and, in general, healthier for the students.
- There is an abundance of space on the playground. Many games require significant amounts of space, and playing outside reduces the chance of injury due to collisions. For example, tag games are safer to play outside than in the gym.
- Outdoor activities help students to develop an appreciation for the outside environment. If students learn how to play and have fun outdoors, they will probably spend more time outside and avoid the hazards of staying indoors and cultivating poor health habits (e.g., sitting in the house, eating and watching television).

There are many factors which should be considered when planning to use the playground:

- The weather and the season are the most obvious factors. The weather can change very suddenly; thus it is advisable to have a backup lesson ready to use indoors.
- During cold weather, students need continuous activity to keep warm. Try to give them the necessary directions before going outside.
- During extremely hot weather, students need opportunities to rest and find protection from the sun.
- Students need more time for changing and moving equipment. If class periods are short (30 minutes or less), time can be saved by having the students change prior to going outdoors.

APPLICATION OF CURRICULUM GOALS

The new Manitoba K-12 Physical Education curriculum has six basic goals which are developed sequentially for each grade level. When all six basic goals are included in each physical education lesson, maximum benefit will be derived from the activity by both teacher and students. Teachers are encouraged to consider these goals and how they can be achieved more effectively.

Develop Physical Well-Being (Improving the students' physical fitness level)

To help meet this goal in each lesson, teachers should modify activities where possible to provide for cardiovascular exercise and should maximize active student participation by avoiding activities that require lining up and waiting turns. Instead of having one large game of soccer, for example, students can be divided into smaller groups and have several games going simultaneously. They will get more exercise and there will be less standing around.

Develop Desired Movement Patterns through the Neuromuscular System (Learning physical skills)

It is important that teachers record the skills they teach from the new physical education curriculum in order to see whether or not they are covering the recommended skills for each grade level. Teachers should keep in mind that the more time a student has to use a piece of equipment, the more he or she will become skillful in its use; for example, ball-handling skills are best taught when there is one ball for each student or each pair of students. Teachers should also keep in mind that some mastery of skills must be achieved if those skills are to be used successfully in games. It is important to spend part of the lesson in practicing the individual skill first.

Express Ideas, Thoughts, and Feelings with Confidence through Physical Activity (Student input)

Teachers should not be afraid to incorporate reasonable suggestions made by students, whose ideas can enhance a lesson. Students tend to take more interest in what they are doing if they are allowed some say.

Develop an Independence in Pursuing Physical Activity Throughout Life (Developing a lifetime interest in physical education)

Teachers should try to have a wide variety of activities to stimulate student interest and enjoyment. Activities should be modified where possible for appropriate grade and skill level. Teachers should also try to organize the activity so that everyone can experience some success during the period. If this does not occur, many of the students will become "turned off," uninterested in pursuing the activity.

Develop Safety and Survival Practices (Safety)

Teachers should try to think through the activity before teaching it and ask what potential dangers exist. Important, too, is that teachers encourage students to take responsibility for their own safety!

Develop Positive Social Interactions through a Variety of Physical Activities (Cooperation and sportsmanship)

Teachers should provide some examples of cooperation and good sportsmanship and discuss these with students before the activity.

SUGGESTED SCOPE AND SEQUENCE OF PLAYGROUND ACTIVITIES

SEASON	ACTIVITY	K 1 2 3 4	5 6 7 8 9	10 11 12
FALL/ SPRING	HARDTOP			
	American Hopscotch	X X X X		
	Long Rope Jumping	X X X	X X	
	Bicycle Rodeo	X X	X X	
	Jump Ball	X X X	X	
	Sidewalk Tennis		X X X X X	
	Strideball	X	X X X	
	Tetherball		X X X X X	X X X
	Paddle Tetherball		X X X X X	X X X
	Four Square	X	X X	
	Roller Skating		X X X X X	X X X
	Badminton		X X X X	X X X
	Basketball		X X X X	X X X
	Tennis		X	X X X
	Cycling		X X X	X X X
	FIELD			
	Marbles	X X X X X	X X	
	Modified Dodgeball	X X X X	X X X	
	Balloon Races	X X X X		
	Call Ball	X X X	X	
	Scavenger Hunts	X X X X X		
	Pom Pom Pull Away	X X X X X	X X X X X	X X X

SEASON	ACTIVITY	K 1 2 3 4	5 6 7 8 9	10 11 12
FALL/ SPRING Cont'd	Line Soccer	X X X		
	Relay Races	X X X X X	X X X X X	X X X
	Turtle Tag	X X X X		
	Tin Can Stilt Walk	X X X X X		
	Parachute	X X X X X	X X X X X	X X X
	Mini Soccer	X X	X X X	
	Kite Flying	X X	X X	
	Dirt Bicycle Racing		X X X X	
	Chain Tag		X X X X X	X X X
	Frisbee Toss for Distance		X X X X X	X X X
	Volleyball Outside		X X X X	X X X
	Siamese Soccer		X X X	
	Guess Your Own Time Cross Country Race		X X X X X	X X X
	Flag Football		X X X	X X X
	Capture the Flag		X X X X X	X X X
	Snatch the Tails		X X X X X	X X X
	Score Orienteering with a Compass		X X X	X X X
	Modified Cricket		X X X X X	
	Modified Rounders		X X X	
	Cageball Activities		X X	
	European Handball		X X X X X	X X X
	Circle Chase		X X X X X	X X X
	Archery			X X X

SEASON	ACTIVITY	K 1 2 3 4	5 6 7 8 9	10 11 12
FALL/ SPRING Cont'd	Golf			X X X
	Miniature Golf		X X X	X X X
	Frisbee Golf		X X X X X	X X X
	Blanket Tossing		X X X X X	X X X
	Frisbee Accuracy	X	X X X X X	X X X
	Lawn Croquet		X X X X X	X X X
	Hiking and Backpacking		X	X X X
	Fitness Circuits		X X X X X	X X X
	Speedball		X	X X X
	Tug of War	X X X X X	X X X X X	X X X
	Lawn Bowling			X X X
	Lawn Darts		X X X X X	X X X
	Horseshoes		X X	X X X
	Soft Lacrosse		X	X X X
	Schmerltz Catching		X X X X X	X X X
	Collective Blanketball		X X	X X X
	Triangle Tag		X X X X X	X X X
WINTER	ICE ACTIVITIES			
	Chair Skating	X X X X X		
	Chain Skating	X X	X X X X X	
	Hockey Puck Curling	X X	X X	
	Broomball		X X X X X	X X X
	Inner Tube Chariot Races	X X X X X	X X X X X	X X X
	Jam Pail Curling		X X X X X	

SEASON	ACTIVITY	K 1 2 3 4	5 6 7 8 9	10 11 12
WINTER Cont'd	Ice Tagball	X	X X X X X	X X X
	Pom Pom Pull Away		X X X X X	X X X
	Speed Skating		X X X X X	X X X
	Ice Fishing			X X X
	Ice Sculpturing	X X X X X	X X X X X	X X X
	Boot Sliding		X X X X X	X X X
	Ice Skating	X X	X X X X X	X X X
	Curling			X X X
	SNOW ACTIVITIES			
	Snow Sculpturing	X X X X X	X X X X X	X X X
	Toque Tag	X X	X X X X X	
	Shadow Tag	X X	X X	
	Snow Rolling	X X X X X	X X X X X	
	Chariot Ride	X X	X X X X X	X X X
	Tobogganing	X X X X X	X X X X X	X X X
	Catch the Dragon's Tail	X X	X X	
	Keep Away	X	X X X X X	X X X
	Hunker Hawser		X X X X X	X X X
	Chicken Fighting		X X X X X	
	Piggybank Wrestling		X X X X X	
	Cross Country Skiing		X X X X X	X X X
	British Bulldog		X X X X X	X X X
	Snowshoeing		X X X X X	X X X

SEASON	ACTIVITY	K 1 2 3 4	5 6 7 8 9	10 11 12
WINTER Cont'd	Ladder Climb		X X X X X	X X X
	Bobsledding		X X X	X X X
	Obstacle Course Race		X X X X X	X X X
	Tug of War	X X X X X	X X X X X	X X X
	Downhill Skiing			X X X
	Cross Country Racing and Orienteering		X	X X X
	Snowshoe Orienteering		X X X	X X X
	Snowmobile Safety			X X X
	Everybody's It		X X X X X	X X X

early years

K-4

FALL/SPRING

Hardtop Activities

American Hopscotch
Long Rope Jumping
Bicycle Rodeo
Jump Ball
(Strideball)
(Four Square)

Field Activities

Marbles
Modified Dodgeball
Balloon Races
Call Ball
Scavenger Hunts
Pom Pom Pull Away
Line Soccer
Relay Races
Turtle Tag
Tin Can Stilt Walk
Parachute
Mini Soccer
Kite Flying
[Frisbee Accuracy]
[Tug of War]

WINTER

Ice Activities

Chair Skating
Chain Skating
Hockey Puck Curling
(Inner Tube Chariot Races)
(Ice Tagball)
[Ice Sculpturing]
[Ice Skating]

Snow Activities

Snow Sculpturing
Toque Tag
Shadow Tag
Snow Rolling
Chariot Ride
Tobogganing
(Keep Away)
(Tug of War)

Note: Activities that appear in parentheses and brackets are detailed in the Middle Years or Senior Years sections of this booklet, although they may be introduced to Early Years students. For a quick overview of the recommended K-12 activity implementation schedule, refer to the chart entitled Suggested Scope and Sequence of Playground Activities.

( ) - activity detailed in Middle Years Section
[ ] - activity detailed in Senior Years Section

HARDTOP ACTIVITIES

AMERICAN HOPSCOTCH (6:178)

Skill: Hopping and balancing, underhand throwing for accuracy
Equipment: Chalk and bean bag
No. of Players: Recommended 2, no more than 4

Directions

To start, player #1 stands in front of square #1 and throws a bean bag into square #1. Player #1 stands on one foot and jumps over square #1, landing with one foot in square #2 and one in square #3. The player continues: hopping on one foot into #4, hopping and landing on two feet, one in #5 and one in #6, hopping on one foot into #7, and hopping and landing on two feet, one in #8 and one in #9. Two hops on one foot are allowed in square #10, one hop to finish the pattern and the other hop to turn around. Player #1 hops back using the same pattern. Upon landing in squares #2 and #3, this player leans forward, picks up the bean bag, and then hops on one foot into square #1 and out. Player #2 now takes a turn and tries to do the same thing. After player #2's turn, player #1 throws the bean bag for square #2. If successful, player #1 hops on one foot into square #1, then hops on one foot into square #3, avoiding square #2. Player #1 continues the pattern as previously mentioned and, upon returning to square #3, again reaches over and picks up the bean bag, hops on one foot into square #2, one one foot into #1, and out. The first person to complete throwing the bean bag at all 10 squares wins. If each player completes the game without a miss, the game is a tie.

NOTE: After picking up the bean bag, the player must hop into the square where the bean bag was.

Rules:

A player misses a turn if he or she:

1. throws the bean bag on a line or in a wrong square;
2. steps on a line;
3. changes feet during a single hop;
4. touches the pavement with a hand or with the foot that is not used for hopping;

5. steps in the square with the bean bag on it;
6. picks up the bean bag from any square other than the one closest to the square with the bean bag in it.

LONG ROPE JUMPING (6:394)

Skill: Eye-foot coordination (jumping and balancing)
Eye-hand coordination (rope turning)

Equipment: 1.25 cm sash cord can be used, but the new nylon ropes with plastic beads threaded on are recommended. (Check with the Manitoba Heart Foundation.) The rope should be anywhere from 3.5-5 m long.

No. of Players: No more than 6-8 per rope

Directions:

Two students turn the rope towards the jumpers. The first jumper waits until the rope strikes the ground (the rope is then moving away from the jumper) and then runs in on an angle to the rope. The jumper runs out precisely after completing a specified number of jumps. Any jumper stepping on the rope trades places with one of the students turning the rope.

Rope Jumping Rhymes:

1. Mabel, Mabel (6:397)

Mabel, Mabel, set the table
Don't forget the salt, vinegar, pepper . . .

The rope turners turn "pepper" on the last word; the jumper counts how many times he/she can jump pepper before stepping on the rope. The student with the highest number wins the round.

2. All in Together (6:398)

All in together, this fine weather,
January, February, March, etc. . . .

(Jumper runs in on the month of his/her birthday.)

All out together, this fine weather,
January, February, March, etc. . . .

(Jumper runs out on the month of his/her birthday.)

NOTE: Students can be challenged to make up their own rope jumping rhymes.

BICYCLE RODEO

Skill: Balance, eye-hand coordination
Equipment: 25-30 borrowed bicycles
No. of Players: 6-8 per group

Directions:

Ask 25 or 30 students to bring their bicycles to school for a few days. (Students would have to get parent permission to use their bicycles for physical education classes. Some provision should be made for locking up the bicycles when not in use.) Set up four identical obstacle courses, using plastic markers, bleach bottles, chalk and chairs, etc. Divide students into groups, electing one student from each to record the number of errors made by group members. Emphasize accuracy, not speed.

JUMP BALL

Skill: Underhand throwing, two foot jumping
Equipment: One 20-25 cm playground ball
No. of Players: No more than 4-6 in a group

Directions:

A group of students stand in a file, one behind the other, arm's length apart, facing a flat wall. The first person in the group throws a ball against the wall and then has to jump over the ball after its first bounce, the second person after its second bounce, etc. The last person in the group catches the ball and returns it to the person in front. Any student failing in his or her turn to jump over the ball has to go to the end of the line, and everyone else moves up one position. The object of this activity is to see who can stay at the front of the line the longest.

FIELD ACTIVITIES

MARBLES

Skill: Eye-hand coordination and underhand throwing
Equipment: One marble for each student. Choose an area where there is not much grass growing and install 15-16 tuna fish tins in the ground.
No. of Players: No more than 4 players a hole (tin); ideally, 2 per hole

Directions

Draw a throwing line about 3.5 to 4.5 metres away from the hole. Each player takes a turn throwing a marble underhand at the hole. The player closest to the hole shoots first (shooting is done by flicking the marble with the index finger or thumb). This player has the choice of shooting the marble closest to the hole or furthest from it. If this player misses, another player then takes a turn at shooting the marble into the hole. The player who sinks the last marble wins a point and the game starts over again.

MODIFIED DODGEBALL

Skill: Throwing and dodging
Equipment: One or two soft balls; e.g., nerf ball, beachball, etc.
No. of Players: 20-30

Directions:

Half the students form a circle and half the students stand in the middle of the circle. The teacher allows two minutes to see how many students the throwing team can hit below the knees with the ball. If a student is hit, he or she stands outside of the circle and the throwing team gets a point. At the end of two minutes, the teacher changes the dodgers to throwers and the game starts over again.

BALLOON RACES

Skill: Eye-hand coordination, striking an object
Equipment: One balloon for each student (Purchasing balloons in bulk is economical and ensures a reserve supply to cover breakage.)
No. of Players: 20-30

Directions:

Set up two goal lines approximately the length of a soccer field apart. Use bleach bottles filled with sand as markers. The whole class lines up at one goal line, arm's length apart. When the whistle blows, the students try to hit their balloons, alternating hands, across the field to the other goal line. Anyone whose balloon touches the ground must stop to pick it up and begin hitting it again. The first half of the class across the finish line all get a point.

NOTE: This is not a good game for a windy day.

CALL BALL (3)

Skill: Underhand throwing and catching, rolling a ball, running
Equipment: One 15 cm ball per group
No. of Players: 6-8 per group

Directions:

Every player gets a number from one to six, or from one to eight, depending on the group's size. One player in each group is ready to run. The player throws the ball straight up in the air, calls out a number other than his or her own, and runs away. The player whose number has been called has to get the ball in his or her hands before calling for the others to freeze. The player with the ball takes three giant steps towards any other player, and then rolls the ball at this player's feet. The player who is the target cannot move and, if touched by the ball, gets both a demerit point and the job of starting the next game by throwing the ball up and calling out another number. But if the player throwing the ball misses the target, he or she must take the demerit point and start the game for the next round. At the end of the play period, those students with the fewest points against them win.

NOTE: Everyone's number must be called out once before repetition is allowed.

SCAVENGER HUNTS

This is a good lead-up activity for score orienteering in the middle years grades.

POM POM PULL AWAY (10:24)

Skill: Running and dodging
Equipment: 6 plastic markers for marking the field, 4 as corner markers and 2 as centre field markers (use empty bleach, softener, vinegar bottles, etc.)
No. of Players

Directions:

One player is chosen to be the chaser and the others line up between the markers at one end of the field. The chaser stands between the centre markers and calls "Pom Pom Pull Away." The players try to run from one end line to the other without being tagged by the chaser. Anyone tagged has to join the chaser on the centre line and tag the rest of the players. The last person caught starts the next game. Any players running outside of the marked off area automatically go to the centre line with the chaser.

LINE SOCCER

Skill: Kicking, dribbling, passing, goalie skills
Equipment: 6 markers to mark out a field, 4 as corner markers and 2 as centre field markers (Use empty bleach, softener, vinegar bottles, etc.); 12 coloured vests, 6 of one colour and 6 of another
No. of Players: 12 per group

Directions:

Pick two teams of equal ability (6 vs. 6). Give each team a different coloured vest. Half of each team stand on their own end lines (approximately 20 yards wide) and act as goalies. The other half play out in the field against the other team (3 vs. 3). Only the goalies are allowed to use their hands. Any player on the field using hands, tripping, pushing or roughing is penalized. The penalty consists of letting the person who was roughed kick the ball at the other team's goal line from five giant steps away. To score as a goal, the ball must be below head level and between the two end markers. After three minutes of playing time, the teacher blows a whistle, signifying that goalies become players in the field, and that players become goalies.

RELAY RACES

The following types of races have been very successful: Wheelbarrow Race, Leapfrog Race, Piggyback Race and Tireroll Race. Try to avoid lineups by having partners and individuals all race at the same time. Since there is so much space outside, this can be easily arranged.

TURTLE TAG

Skill: Running, dodging
Equipment: 4 boundary markers and 6-8 coloured vests
No. of Players: 20-30 (split into 4 groups)

Directions:

Split the class into four groups with approximately six to eight students in each group. Each group takes a turn wearing the vests and being the chasers. The teacher gives each group with the vests one minute to tag as many players as possible. Any player tagged has to stand frozen with legs apart. Any player who has not been tagged and is not wearing a vest can crawl through the tagged players' legs to "unfreeze" them. If players do not want to be tagged when chased, they must quickly make themselves turtle-shaped (hands and knees touching the ground with head bent forward). In this position they are safe and cannot be tagged. When the chaser goes

away, they can get up and run around again. Students must stay within the boundary markers. The group who freezes the players within the given time limit wins the game.

NOTE: It is possible to vary the "frozen" or "safe" positions.

TIN CAN STILT WALK

Skill: Balancing
Equipment: 60 - 1.36 L tin cans; rope
No. of Players: Dependent on number of tin cans

Directions:

Place the tin can on the ground, open end down, and punch four holes in the metallic end. Attach ropes onto each tin can to make handles, so that students can hold the tin cans on their feet when they walk. Rope handles should reach a reasonable length (see diagram).

PARACHUTE

Skill: Eye-hand coordination
Equipment: Parachute
No. of Players: 20-30

Directions:

The students standing around the outside of the parachute divide into two equal-sized teams (one team on each half of the parachute). The teacher then places one or two beachballs on the parachute. The players shake the beachball onto the other team's side. Any team making a beachball fall off the other team's side gets one point. Students have to keep both hands on the parachute at all times.

MINI-SOCCER

Skill: Kicking and passing
Equipment: A soccer ball; 4 markers (empty bleach, softener, vinegar bottles, etc.)
No. of Players: 2 vs. 2 or 1 vs. 1

Directions:

Each group of four players plays a mini game of soccer. The goal markers are 3 metres apart and 18 to 27 metres away from each other. Two players work together passing the ball and try to score against two other players. Neither team is allowed a goalie. The ball must be kicked below shoulder level and between the two markers for a goal.

KITE FLYING

The object of this activity is to see who can run with his or her kite from one end of the field to the other without it ever touching the ground. A nice steady breeze is needed for this activity.

WINTER

ICE ACTIVITIES

CHAIR SKATING

Skill: Balance
Equipment: 20-30 chairs (Make sure leg ends are smooth enough to slide across the ice without gouging.); enough skates for everyone (Have students bring their own or have enough on hand to supply each student with a pair. Purchase of 20-30 pairs of different-sized skates can be made at used skate sales.
No. of Players: 20-30

Directions:

If there is a shortage of chairs, two students could possibly share one. Students push and glide on their skates while leaning slightly forward and holding onto the back of the chair. Instruct students to avoid collisions.

CHAIN SKATING

Skill: Balance
Equipment: Enough skates for each student to have a pair.
No. of Players: 20-30

Directions:

Split the class into groups of three or four students. The group that skates all the way around the rink, hands joined, without falling down, gets one point.

HOCKEY PUCK CURLING

Skill: Underhand throwing
Equipment: 30-60 old hockey pucks
No. of Players: 2-4 players per group

Directions:

Each group of two players sets up a target at both ends of the ice (frisbee, towel, hoop, etc.). Half of the hockey pucks should be marked with a light coloured pen so that the two opposing players can choose a colour and identify their shots. Both players stand at one end of the ice and take turns sliding their pucks at the target. The person whose puck is closest to the target gets a point. Players are allowed to bump each other's pucks when they throw. When the pucks have been shot and the point determined, the players can repeat the process, playing to the target at the other end of the rink.

SNOW ACTIVITIES

SNOW SCULPTURING

Skill: Eye-hand coordination
Equipment: Wooden stick or ruler

Directions:

This activity can be done using either hard or soft snow. Each student should bring a small ruler along to help carve the snow. At the end of the period, the students can vote for the shape that they think is the most interesting.

TOQUE TAG

Skill: Dodging and eye-hand coordination
Equipment: 20-30 old toques or hats (if students do not supply an adequate number, check the "Lost and Found")
No. of Players: 1 vs. 1

Directions:

Each player puts a toque loosely on his or her head. Each then faces a partner and tries to pull or tap this partner's toque off. The first partner to achieve this gets a point. If a player's toque falls off by itself, it is a point for the other player. Rough play is not allowed; students cannot grab, punch, slap, trip or poke anyone. To help eliminate this problem, students are only allowed to use one hand while the other hand is behind their back.

SHADOW TAG (11:12)

Skill: Dodging and running
Equipment: A bright sunny day
No. of Players: 1 vs. 1

Directions:

Touching the head of a partner's shadow wins the player a point.

SNOW ROLLING

Skill: Coordination
Equipment: Sticky snow
No. of Players: Groups of 3 or 4, or individually

Directions:

See which individual or group can roll the largest snowball in one minute.

CHARIOT RIDE

Skill: Pulling and balancing
Equipment: Toboggan, plastic saucer or a piece of cardboard and a short skipping rope
No. of Players: Any number, in partners.

Directions:

One player ("the horse") pulls while the other sits on the sled ("the chariot"), and holds the rope. On the signal "go," the horse pulls the chariot across the field. When they get to the other side, the players change places and race back. The first half of the class who finish the race all get a point.

TOBOGGANING

Skill: Sliding
Equipment: Toboggans, plastic carpets, plastic saucers, cardboard
No. of Players: Any number

Directions:

Teachers should consider blocking two physical education classes together in order to have enough time to travel to a nearby toboggan run. Students can have a contest to see who can slide the furthest.

CATCH THE DRAGON'S TAIL (9:47)

Skill: Balancing and feinting
Equipment: 4 flag football belts and flags
No. of Players: 6-8 players per group

Directions:

All six to eight players in a group stand in line, one behind the other holding onto each other by wrapping arms around the waist of the person ahead. The player at the end of the line wears a flag football belt with the flag attached behind. When the whistle blows, the first player has one minute to get around to the end of the line (the "dragon") and grab the flag (the "tail"). The player at the end of the line tries to move away from the player at the front. A successful player goes to the end of the dragon and the next player in line becomes the head of the dragon. If the line breaks apart, in the process, the player must start over again. The one minute time limit ensures that everyone gets a turn.

middle years

5-9

FALL/SPRING

Hardtop Activities

Sidewalk Tennis
Strideball
Tetherball
Paddle Tetherball
Four Square
*Badminton Outside
(Long Rope Jumping)
(Bicycle Rodeo)
(Jump Ball)
[Tennis]
[Cycling]
[Roller Skating]
[Basketball Outside]

Field Activities

Dirt Bicycle Racing
Chain Tag
Frisbee Toss for Distance
*Volleyball (Outside)
Siamese Soccer
Guess Your Own Time Cross Country Race
*Flag Football
Capture the Flag
Snatch the Tails
Score Orienteering
*Orienteering with a Compass
Modified Cricket
Modified Rounders
Cageball Activities
European Handball
Circle Chase
(Marbles)
(Modified Dodgeball)
(Call Ball)
(Pom Pom Pull Away)
(Relay Races)
(Parachute)
(Mini Soccer)
(Kite Flying)
[Miniature Golf]
[Frisbee Golf]
[Blanket Tossing]
[Frisbee Accuracy]
[Lawn Croquet]
[Hiking and Backpacking]
[Fitness Circuits]
[Speedball]
[Tug of War]
[Lawn Darts]
[Horseshoes]
[Soft Lacrosse]
[Schmerltz Catching]
[Collective Blanketball]
[Triangle Tag]

WINTER

Ice Activities

Broomball
Inner Tube Chariot Races
*Jam Pail Curling
Ice Tagball
Pom Pom Pull Away on Ice
Speed Skating
(Chain Skating)
(Hockey Puck Curling)
[Ice Sculpturing]
[Boot Sliding]
[Ice Skating]

Snow Activities

Keep Away
Hunker Hawser
Chicken Fighting
Piggyback Wrestling
Cross Country Skiing
British Bulldog
Snowshoeing
Ladder Climb
Bobsledding
Obstacle Course Race
Tug of War
(Snow Sculpturing)
(Toque Tag)
(Shadow Tag)
(Snow Rolling)
(Chariot Ride)
(Tobogganing)
(Catch the Dragon's Tail)
[Cross Country Racing and Orienteering]
[Snowshoe Orienteering]
[Everybody's It]

*Only generally discussed. For more information on skills and rules, check the Bibliography.

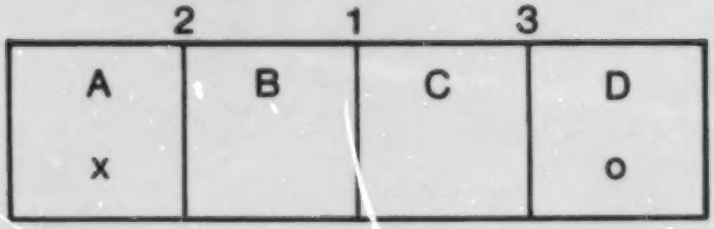
NOTE: Activities that appear in brackets or parentheses are in the Early Years or Senior Years sections of this booklet. For a quick overview of the recommended K-12 activity implementation schedule, refer to the chart entitled Suggested Scope and Sequence of Playground Activities, given previously on pages 4 to 6.

() - activity detailed in Early Years section
[] - activity detailed in Senior Years section

HARDTOP ACTIVITIES

SIDEWALL TENNIS (4:243)

Skill: Underhand hitting
Equipment: Tennis balls
No. of Players: 2 or 4 per group



Directions:

Have students use chalk to draw four squares, each 1 by 1 metre. Line 1 represents the imaginary net. Lines 2 and 3 are foul lines behind which the server stands.

When the ball is in play, players must stay in the end squares A and D. The server (X) must hit the ball with the palm of the hand. The ball must land in court C without hitting the lines. The receiver (O) has to hit the ball back into court B. After the serve, the ball can be hit while in the air or after one bounce.

Only the server can score. The server keeps the serve as long as he or she wins the point from the opponent who fails to return the ball. The serve is lost when the ball misses the service court, or when the server steps over the foul line or fails to return the ball during a rally. The first player to reach 11 points wins. Spiking the ball is not allowed.

STRIDEBALL

Skill: Striking and hitting
Equipment: One soft or deflated ball
No. of Players: 12-15 per group

Directions:

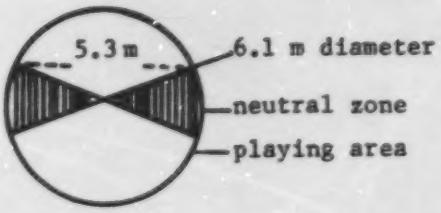
All the players stand in a circle with legs spread apart and feet touching. All players put their hands on their knees. The instructor then drops the ball into the circle. The player nearest the ball strikes it across the floor with one hand, trying to drive it in between one of the other players' legs. When the ball passes out of the circle through a player's legs, that player gets a demerit point. If the ball passes between two players' legs, both players get points against them. The players with the fewest points after a specified duration are the winners. The game can be speeded up if it is played with two, three or more balls.

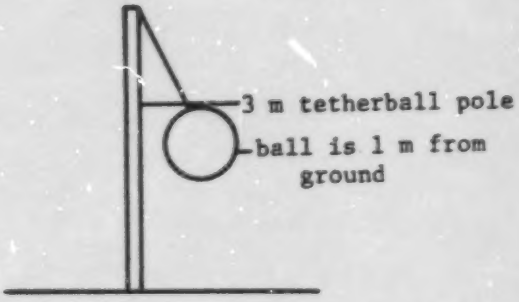
TETHERBALL (4:238)

Skill: Eye-hand coordination

Equipment: Ask the maintenance department to cement some 2.5-3 metre metal poles into the hardtop. Mount a metal eye at the top of the pole to which the tetherball rope can be attached for play and from which it can be removed for storage. Then have a 6.1 metre diameter circle painted around the pole. Anywhere on this circle, locate two points 5.3 metres apart. From these two points, draw two lines through the centre of the circle (see diagram).

No. of Players: 2





Directions:

Players must stay in their playing areas, prohibited from reaching or stepping into the neutral zone. The player starting the game tosses the ball up in the air and hits it with a fist or hand. The opponent tries to block the ball and hit it back in the opposite direction. The first player to wind the ball around the pole in his or her own hitting direction wins the game.

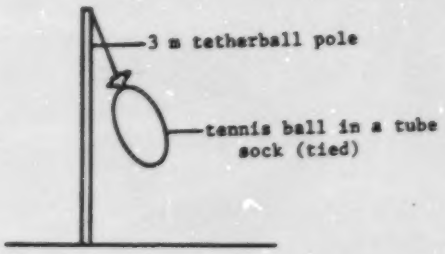
Fouls:

1. Hitting the ball with any part of the body other than the hands or forearms
2. Catching or holding the ball
3. Touching the pole with any part of the body
4. Hitting the rope
5. Playing the ball while standing outside of the playing area
6. Stepping into the neutral zone
7. Throwing the ball

Any player committing one of these fouls automatically loses the game. Play stops immediately after a foul has been committed and a new game starts. The first player to win four out of seven games wins the contest.

PADDLE TETHERBALL (BUMBLE PUPPY) (13:32)

Skill: Hitting an object with a racquet
Equipment: 2 wooden racquets; a tennis ball inside an old tube sock tied to the end of a tetherball rope (see diagram)
No. of Players: 2



Directions:

Paddle Tetherball is played the same way as tetherball. Refer to the foregoing rules for tetherball.

NOTE: Make sure that the racquets have wrist strings attached, to reduce the risk that someone will be injured by a racquet flying from a player's hand. (To adjust the wrist string, the player puts his or her hand through the string loop at the end of the racquet handle, tightens the string by spinning the racquet five or six times around the wrist, and then holds the handle.)

FOUR SQUARE (...22o)

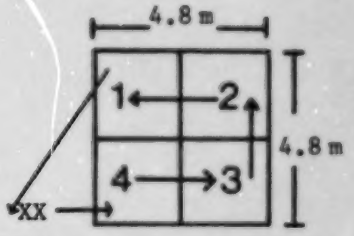
Skill: Striking an object
Equipment: A ball with a good bounce; chalk to mark out the squares if they are not already marked on the hardtop
No. of Players: 4 or more

Directions:

The object of the game is to advance to square #1 and remain there as long as possible. The player in square #1 starts the game off by letting the ball bounce once in square #1, then serving underhand into someone else's square. The player in the square where the ball lands must hit the ball underhand after the first bounce into someone else's square. Play continues in this way until someone commits a foul. Whoever commits the foul goes to the end of the line, outside of square #4. Everyone who can moves up one square and a new player moves up one square and a new player moves into square #4.

Fouls:

1. Failing to return the ball to another square
2. Spiking the ball
3. Causing the ball to land on any inside line (if the ball hits the outside line, it is considered good
4. Allowing the ball to touch any part of the body except the hand(s)



BADMINTON

Consider asking the maintenance staff to install some badminton nets on the hardtop. During warm weather, these activities can be done outside.

FIELD ACTIVITIES

DIRT BICYCLE RACING

Skill: Balance and coordination
Equipment: 20-30 dirt bicycles, borrowed from students for a few days
No. of Players: 20-30

Directions:

Have students stick to simple maneuvers that require control rather than speed, such as turning, stopping and steering straight lines.

NOTE: Check with some of the local bicycle shops. They may agree to do free workshops with equipment included.

CHAIN TAG

Skill: Dodging and chasing
Equipment: 4 plastic markers, used to mark off a large square area, 36.5 x 36.5 metres (for markers use empty bleach, softener, or vinegar bottles, etc.)
No. of Players: 30-40

Directions:

Pick one person to be the chaser (two chasers speed up the action). The first player tagged by the chaser joins hands with him or her. The second person tagged joins hands with the two chasers to form a line of three. Once three players are joined in a chain, the next person tagged begins to form another chain of three. If a chain breaks apart when tagging a player, that player remains free. The last person tagged is the winner.

FRISBEE TOSS FOR DISTANCE

Skill: Coordination
Equipment: 20-30 frisbees (every participant must have a frisbee)
No. of Players: 20-30

Directions:

All players hold frisbees and stand behind the starting line, separated from each other by an arm's length. When the whistle blows, all players throw their frisbees at the same time and then run to stand beside them. (Players must wait until frisbees come to a complete stop before picking them up.) When everyone is ready, the whistle blows again and the players take their second throw. This continues until one or more the players' frisbees cross the finish line. These players win the first round of the activity, which continues as players go back in the opposite direction.

For Speed: Players holding frisbees, line up at the starting line, separated from each other by 3.5-4.5 metres. When the whistle blows, players keep throwing until someone crosses the finish line.

VOLLEYBALL OUTSIDE

Ask your maintenance staff to cement some volleyball posts into the field, or into two old tires so that the posts may be moved.

SIAMESE SOCCER (9:95)

Skill: Kicking and balancing
Equipment: 20-40 strips of cloth to tie ankles together; 4 corner markers (Use empty bleach, softener, or vinegar bottles, etc.)

No. of Players: 20-40

Directions:

Set up a regular soccer game, only make the field half the size. The only modification to regular soccer rules is that players on each team must pair up and tie their ankles together in "3-legged race" fashion. A pair can kick the ball with either of their free feet or with their bound feet.

GUESS YOUR OWN TIME CROSS COUNTRY RACE

Students should have experience in running the distance that is established for this race so that they can guess their times more accurately. (800 metres, 1600 metres, or 2400 metres runs are suggested distances.) Before the run starts, all students guess the amount of time it will take them to complete the distance. After the race, students check actual times with estimated times. The student wins whose estimated running time proves most accurate.

SNATCH THE TAILS (8:94)

Skill: Running and dodging
Equipment: Flag football flags or strips of coloured cloth; boundary markers (Use empty bleach, softener, or vinegar bottles, etc.)
No. of Players: 30-40

Directions:

Mark out a large playing area, 36.5 by 36.5 metres, using boundary markers. At the start, everyone has two flags tucked in at the waist (only allow students to tuck flags in a couple of inches). When the whistle blows, the students try to steal someone else's flag. With a flag in hand, a student is safe (nobody can steal his or her flag), until he or she finishes tucking that flag in at the waist. Students are allowed to take only ONE flag at a time. At the end of the game, the student with the most flags tucked in at the waist wins.

FLAG FOOTBALL (1:308)

Skill: Kicking, throwing, running and dodging
Equipment: 14 flag football belts, 14 flags of one colour and 14 flags of another colour (2 flags of the same colour on each belt); one football per game
No. of Players: Two teams of 6 per team

Directions:

Follow regular football rules, with these exceptions:

1. Make up teams with six players on each.
2. At the start of the game or after scoring, the ball is placed 10 yards back from centre on the scoring team's side for the kick off.
3. The attacking team must cross the centre line of the field in four downs to gain another series of four downs.
4. All players are eligible for passes (running plays can also be used).
5. A fumbled ball is ruled dead and is played from where it was fumbled.
6. NO TACKLING is allowed. The defensive players try to pull a flag off the belt of the offensive player who has the ball. The play stops when this occurs. If a player dives on the ground in order to complete a tackle, a 15-yard penalty is imposed.
7. The players must have their hands touching their chests when blocking. At no time can a player have both feet off the ground when blocking.
8. Under no circumstances are players on the offense allowed to use their hands on opponents. Defensive players may push other players aside to grab a flag, although use of undue force nets a 15-yard penalty.
9. When punt formation is announced, the defensive team may not attack and the offensive team must punt within three seconds after the snap of the ball.

SCORE ORIENTEERING (6:324)

Skill: Running and map reading
Equipment: A map of the playground and a written description of stations; paper and pencils
No. of Players: 40-60

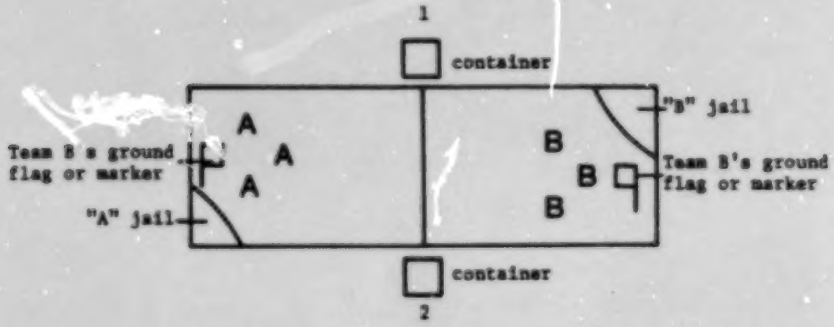
Directions:

Make up a map of the playground and mark on various station numbers. On a separate piece of paper, write up word descriptions for each of the stations indicated on the map. Make station number cards to match the locations as indicated by the map and word description sheet. On each station number card mark a different symbol; e.g., 2X, 4#. Have the students run to the various stations in any order, advising them to copy the station number card symbols onto their word description sheets, beside the appropriate numbers. For example, at station number 2, an "X" should be copied onto their word description sheet beside #2; at station number 4, a # should be copied onto their word description sheet beside #4. Limit the amount of time the students have to complete the course. The student with the fastest time and the highest number of correct symbols is the winner.

Variation: Follow the procedure outlined above, except assign different point values to the various stations according to their locations. Stations far away or hard to find should be assigned the highest point value, while stations close to the starting point or easy to find should be assigned the lowest.

CAPTURE THE FLAG

Skill: Running, dodging and feinting
Equipment: 4 marked corners; 30 flag football belts; 15 flags of one colour, 15 flags of another colour; 2 red pieces of cloth or 2 plastic bottles representing the flags to be captured
No. of Players: 15-20 per team



Directions:

The object of the game is to try to capture the other team's ground flag or marker and bring it back across the centre line. The player who makes the victorious run must have a belt flag still attached.

Rules:

1. Each player wears only one flag.
2. Each team is assigned one half of the field.
3. Each team picks someone to guard its jail.
4. Each team picks someone to guard its team ground flag or marker.
5. The player guarding the team's marker must stand at least three giant steps away from it.
6. Players A and B (see diagram) cannot lose their belt flags as long as they are on their side of the field.

7. Flags must be worn behind the back.
8. When any player A or B goes into the opposing team's half of the field to try to capture their ground flag/marker, all players can lose a belt flag.
9. If a player A loses a belt flag, that player must go to B's jail and the player stealing A's belt flag must put it in container #1.
10. As A and B players go to jail, they can make chains by joining hands with fellow prisoners, as long as one person in the chain touches the jail marker; the alternative is that all prisoners touch the marker with one foot.
11. A prisoner is free when a player on his or her team runs down without losing a belt flag and tags his or her outstretched hand. If prisoners are in a chain, one hand, tagged at either end of the chain, frees everyone. If they are individually touching the jail marker, they then have to be individually tagged. Released prisoners get a free walk back to centre to pick up their belt flags from the container and enter the game from their side of the field. The person freeing the prisoners does not get a free walk back to the centre.
12. If any player A or B loses a belt flag before crossing centre with the other team's ground flag/marker, that player must hand it back and to directly to jail.
13. The player stealing the other team's flag or marker is allowed to hand it off to another team player, as long as the receiving player still has a belt flag on.

Fouls:

- Grabbing, tackling, roughing or tripping another player to get a flag is not permitted.
- Players are not allowed to dive on the ground when trying to take an opponent's belt flag.

Penalty:

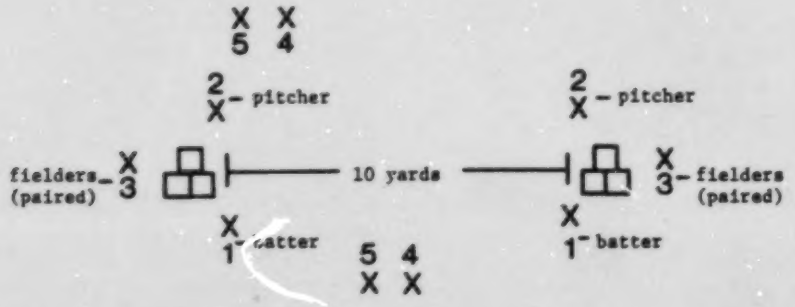
- When fouls occur, players who have been fouled have their flags returned to them and also get a free walk to centre.
- Any player committing a foul more than twice is out of the game until a point is scored.

Scoring:

A point is awarded to the team that brings the other team's flag across centre line first. The player who makes the victorious run must have a belt flag still attached. After this, all players who are still in jail are free to get their belt flags and the game starts over again.

MODIFIED CRICKET

Skill: Underhand throw, overhand throw, catching, fielding, batting
Equipment: 6 old (1 L) tins; 2.5-12.7 cm playground ball; 2 wooden bats
No. of Players: 8-10 per game



Directions:

Pair up all players and get them to draw numbers for batting order (1-5). Pair number 1 are the first set of batters. Pair number 2 are the pitchers or bowlers. Pairs number 3, 4, and 5 are the fielders. This rotational order is kept throughout the game. The pitchers and fielding players (pairs 2, 3, 4, and 5) always work together to put "out" batters. Each batter stands up three tin cans in the shape of a triangle at a distance of 10 yards apart. Both then stand one yard in front of their tin can triangles, holding a bat with the fat end touching the ground. The pitchers take turns rolling the ball at the batters' tin cans. The batter protects the cans by batting the ball away. The batter only runs when he/she has time to exchange places safety with the other batter. Batters can keep on exchanging places as long as they feel they can make it safety between the tin cans. On a long hit, it is possible to score 8-10 runs. After three outs or a limit of 12 runs, whichever occurs first, the paired players change places (#2 pair are now batters, #3 pair are pitchers, #1 pair are now fielders).

Ways of Getting an "OUT"

1. If a batter knocks over the tin cans with the bat
2. If a bowled ball knocks the tin cans down
3. If the batters together accumulate three strikes before a hit
4. If a fielder catches a fly ball
5. If a fielder knocks over the tin can with the ball while one or both of the runners are in between their home bases

NOTE: There are no foul balls, and on long hits, fielders should set up a relay line to get the ball back to the pitchers.

MODIFIED ROUNDERS

Skill: Batting, fielding
Equipment: One bat; "T" ball stand; one set of bases; a home plate
No. of Players: 12

Directions:

Divide the players into two teams of equal size. One team takes the field between first base and third base. The game starts when the first batter places the ball on the batting tee and has three tries to hit it between the first and third bases. Any ball hit outside the first or third base line is a foul ball and counts as a try. When the batter hits a fair ball, he or she must run all the bases non-stop, until reaching home plate. When a ball is hit fair, all the fielders chase the ball and line up behind the first person to stop the ball. If the fielders do this before the runner makes it home, the run does not count. (Ties go to the runner.) If a fielder catches the ball, the batter is automatically out. After all the batters have had a turn, the teams switch positions, meaning that the batters take the field, and the fielders go to bat.

CAGEBALL ACTIVITIES

THE BIG APPLE

Skill: Kicking
Equipment: One cageball, either 91 cm or 107 cm size
No. of Players: 30-40

Directions:

Grouped in a large circle, everyone takes a crab position. Once the cageball is thrown into the circle, the players kick at it when it comes to them, using the bottom of their feet. The object of the game is to try to kick the ball out of the circle. The players who have the ball go over their heads all get one point against them. Students are allowed to use their hands to keep the cageball in the circle. The players with the fewest points against them at the end of the time period are the winners.

SPACE CHASE (10:161)

Skill: Rolling a ball
Equipment: One cageball
No. of Players: 30-60

Directions:

Get the players to form two concentric circles. There will be more people in the outer circle than the inner circle. The players in both circles face each other. The cageball is placed in between the two circles. A player is chosen to stand in between the two concentric circles in a position diametrically opposed to the ball. When the whistle blows, the chosen player, the chaser, starts to run after the ball which is being rolled around the circle by the other players. The object of the game for the chaser is to try to catch up to the cageball and tag it. The object of the game for the players in the circles is to try to roll the cageball faster than the chaser can run. When the cageball touches the chaser, this player is out and a new player is chosen to be the next chaser.

EUROPEAN HANDBALL

Skill: Passing, overhand throwing, guarding
Equipment: Use soccer goal posts (the goal area should be large enough to protect the goalie); one 10 cm (4") or 15 cm (6") ball
No. of Players: 6-12 on a team

Directions:

This is a fast moving game, excellent for cardiovascular development. This game can be played on a soccer field, but is different from soccer in that it requires a wide semicircle goal crease, or line in front of the goal. The size of this goal crease or line will increase or decrease, depending upon the age and strength of the players. The object of the game is to advance the ball down the field (passing and throwing only) and score on the net.

Rules:

1. Players are only allowed three steps before passing the ball.
2. Players are only allowed five seconds before passing the ball.

   Any violation of these rules results in loss of possession of the ball.

3. No physical contact is allowed (no tripping, bumping, or hitting the ball carrier).

   Any violation of this rule results in a penalty throw by the fouled player from the front of the semicircle goal crease.

To encourage passing and positional play, try the following:

1. Defensive players have to stay on their half of the field.
2. Offensive players have to stay on the other half of the field.
3. Only the centre players can move anywhere on the field.
4. Student positions change periodically throughout the game.

CIRCLE CHASE (8:61)

Skill: Running and tagging
Equipment: 12-14 markers to mark a large circle (use empty bleach, softener, or vinegar bottles, etc.)
No. of Players: 30-40

Directions:

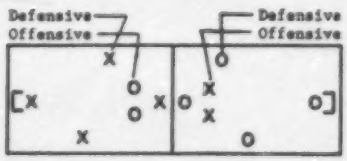
All players make one large circle. There should be at least 10 metres between every player in the circle. Once this is done, the plastic markers are set in place to mark the circle. When the whistle blows, all players start to run counterclockwise around the circle, trying to tag the person in front of them. When the whistle blows, everyone has to change direction. Anyone tagged has to stand inside the circle. Keep playing until there are only three or four players left, then start over again.

WINTER

ICE ACTIVITIES

BROOMBALL

Skill: Passing, stick handling, shooting and balancing
Equipment: Use a community club hockey rink; 24 old brooms (old curling brooms), with the long straws cut off and the ends taped up or dipped in rubberized paint; a slightly deflated 15 cm (6 inch) ball
No. of Players: 12 players (6 players per team)



Directions:

Broomball is played like hockey with these exceptions:

1. There is no body contact
2. There are no offsides
3. The ball cannot be kicked or thrown forward; that is, the ball can only be moved by the broom

To improve students' positional play and increase the amount of passing in a game, try the following:

1. Only the centres can go anywhere on the ice
2. The defensive players have to stay on their side of centre
3. The offensive players have to stay on the other side of centre

INNER TUBE CHARIOT RACES

Skill: Pulling and sliding
Equipment: Phone various truck companies to collect at least 12 old inner tubes; one long skipping rope for each inner tube
No. of Players: 24-30

Directions:

Tie the skipping rope around the inner tube. One player pulls, the other sits on the tube. When the paired players get to the end of the field, they change positions and come back.

JAM PAIL CURLING

Skill: Underhand throwing
Equipment: 24-36 jam pails (filled with cement, a bent metal spike fixed as a handle in the centre of the cement)
No. of Players: 2 vs. 2 or 4 vs. 4

Directions:

Jam Pail Curling instruction booklet is available through the Department of Education, Curriculum Development and Implementation Branch (Physical Education), 411-1181 Portage Avenue, Winnipeg, Manitoba R3G 0T3. If the booklet is not available, refer to the directions for regular high school curling that are given in this booklet under "Senior Years: Winter Activities."

NOTE: Check with Parks and Recreation, since they sometimes make curling rinks for this activity; if not, use available hockey rinks.

POM POM PULL AWAY ON ICE

Skill: Dodging and tagging
Equipment: Skates for everyone
No. of Players: 20-30

Directions:

For directions to Pom Pom Pull Away, refer to a foregoing section in this booklet, "Early Years: Field Activities"; the difference here, of course, is that the game is played on ice and the students wear skates.

NOTE: Have students play between the blue lines. Do not use the end boards to skate to and from, in case someone crashes into the boards and gets hurt.

ICE TAGBALL

Skill: Balance, skating and dodging
Equipment: 5-6 soft sponge balls or nerf balls; 1 hockey rink; skates for everyone (The school could probably purchase used skates in various sizes from community clubs and used skate sales to ensure that all students have a pair to use.)
No. of Players: 20-30

Directions:

Divide the players into four separate groups. Everyone in group #1 gets a nerf ball. When the whistle blows, group #1 tries to tag the other players by throwing the nerf balls at them. A player hit with a nerf ball is frozen and cannot move anywhere. When everyone is frozen, the instructor calls out the amount of time it took group #1 to freeze everyone. Then group #2, #3, and #4 take turns as chasers. The group that freezes the others in the fastest time wins.

SPEED SKATING

Skill: Skating and balance
Equipment: Skates for everyone; a skating rink
No. of Players: 5-6 students race at one time

Directions:

To help make up fair teams, time everyone for one lap at the beginning of the speed skating unit. Then make up four to six relay teams, each with some fast and slow skaters.

SNOW ACTIVITIES

KEEP AWAY

Skill: Passing, throwing and guarding
Equipment: 4 markers (Use empty bleach, softener, or vinegar bottles, etc.); one slightly deflated ball per game
No. of Players: 3 vs. 3 for each game (in a class of 24, 4 separate games result)

Directions:

The object of the game is to try to make five consecutive passes without the other team intercepting the ball. When a team accomplishes this, they score a point and then give the ball to the other team.

Rules:

1. Players can only take three steps with the ball before passing it.
2. Players can only hold the ball five seconds before passing it.
3. Players must stay within the area marked by the boundary markers.
4. Players cannot make body contact.

Any violation of rules 1-3 results in the forfeit of the ball to the other team.

Any violation of rule 4 results in the loss of a point by the fouling team.

If at any time a passing team drops the ball, they have to start counting their passes from zero again. Each time a player catches the ball, the team should yell out what number in the sequence they are at so that everyone knows when they complete five passes. If two people, from opposing teams, pick up a loose ball at the same time, a jump ball is then called. Any player not involved in the jump can throw the ball up.

HUNKER HAWSER (9:31)

Skill: Balance, coordination, arm and leg strength
Equipment: 12-15 long skipping ropes (3-5 metres in length); 24-30 bases (baseball bases, small hoops, pieces of cardboard or blocks of wood, etc.)
No. of Players: 1 vs. 1

Directions:

The players stand approximately 2 metres away from each other, holding the ends of the rope so that the rope is between them and touching the ground. Both players must stand on their bases. When the players say "Go," they both quickly start to reel in the extra rope and try to pull each other off the base by tightening or slackening the rope. The first person to step off the base loses, even if the other player steps off immediately afterwards. Players are not allowed to let go of the rope, but if this occurs, accidentally the game starts over again, no points awarded. The player with the most points after a certain time limit wins.

NOTE: Try to pair off the opposing players so that they are more or less the same size.

Variation: Try this same activity with a circular rope and six players pulling, while all stand on their home bases.

CHICKEN FIGHTING

Skill: Balance, hopping
Equipment: None
No. of Players: 1 vs. 1

Directions:

Each player stands on one foot and holds the other foot up with one arm (left arm should hold left foot, or vice versa). The object of the game is for one player to unbalance the other, each trying to make the other put both feet on the ground. Rough play is not allowed; pushing and shoving with the free arm is the only accepted way.

PIGGYBANK WRESTLING

Skill: Balance
Equipment: None
No. of Players: 2 vs. 2

Directions:

One player stands while the other sits on the first player's back with legs around the waist and arms around the neck. Never allow a player to sit on another player's shoulders. The object of the game is for one pair to try to unbalance an opposing pair. Only the players on their partner's backs are allowed to push and shove. Do not allow rough play, such as grabbing clothing, kicking, punching, etc. Each time a pair of players unbalances their opponents, they get one point.

CROSS COUNTRY SKIING

Skill: Balance, coordination, kick-glide method of skiing
Equipment: 20-30 pairs of cross country skis, poles and boots; 6-10 waxing kits (it is possible to get together with other schools to purchase equipment and then to share it)
No. of Players: 20-30

STUDENTS' TRAILS

Directions:

Before going outside, teach the students:

1. to identify the left and right ski;
2. to hold the poles correctly;
3. to practice appropriate safety rules;
4. to wax the skis.

Outside for the introductory lesson, the teacher should:

1. show students how to stand up after falling down;
2. show students the step-around turn;
3. have students space themselves at least ten yards apart from each other across the field, to each make an individual set of tracks;
4. Have students leave their ski poles stuck in the snow at one end of their tracks and walk back and forth in their skis until they get their trails well worked in;
5. show students how to lean slightly forward so that the knee just covers the foot when looking straight down;
6. have students move back and forth in their trails by swinging the opposite arm and leg forward--right arm/left leg and left arm/right leg (Have them pretend they are kicking a soccer ball with the tip of the ski when they swing a leg forward, reminding them that the ski tip should never leave the ground when they kick);
7. have students try the previous activity with poles in hand.

BRITISH BULLDOG

Skill: Running and dodging
Equipment: 6 cone markers
No. of Players: 20-30

Directions:

One player is selected to be "it." The rest of the players line up at the end of the field. "It" stands at centre field, as marked by the cones, and says "Go." The players have to run to the other end of the field without being caught. A player is caught when "it" lifts him or her so that his or her feet no longer touch the ground. Any player caught must go to centre and help catch the remaining players. Several students will likely have to work together to lift larger players off the ground.

NOTE: Rough play is not allowed. Students trying to get away must not kick, punch, or trip; students who are "it" must not grab clothing or use their feet to tackle.

SNOWSHOEING

Skill: Balance
Equipment: Enough snowshoes to outfit a class of students

Consider recommending that the school division purchase a set of 20 to 30 snowshoes to be used by several schools. This greatly reduces costs.

BOBSLEDDING

Skill: Sliding
Equipment: 6-8 toboggans or 12-14 inner tubes (large)
No. of Players: 20-30, divided into groups

Directions:

Mark a course down a hill and time each group to see who can do the course the fastest.

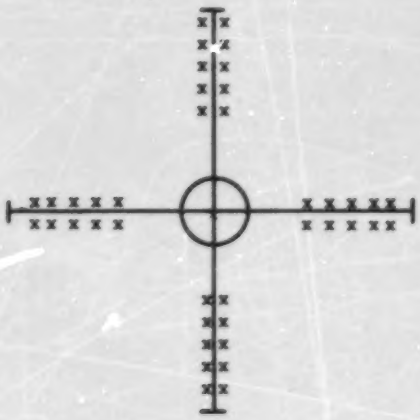
OBSTACLE COURSE RACE

With student assistance, design an obstacle course that takes advantage of outdoor geography; e.g., ice surfaces, snow banks, snow hills. Make from two to four identical courses so more than one student can race at one time. Time the participants to determine a winner.

TUG OF WAR

Tie a piece of red cloth in the centre of the rope. Lay the rope in the snow, and mark two lines, each 1.8 to 2.7 metres from its centre. Teams are positioned behind their lines when the contest begins (see diagram). When any member of one team is pulled over the other team's line, this last team is awarded a point.

Variation: Make a four-way tug of war rope by tying or taping four ropes in the middle. Draw a large circle in the snow around the starting location (see diagram). See which of the four groups gets pulled into the circle first. The whole group has to be pulled into or through the circle before everyone stops.



NOTE: Use a thick rope 2.5 to 3.75 metres (1 to 1 1/2 inches) so that students are not injured by its snapping apart. Also, use a rope long enough to accommodate a large number of students (40 to 60). A suggested rope length might be 24 to 30 metres.

senior years

10-12

FALL/SPRING

Hardtop Activities

*Roller Skating
*Basketball (Outside)
*Tennis (1/2 volley method)
Cycling
[Tetherball]
[Paddle Tetherball]
[Badminton (Outside)]

Field Activities

*Orienteering with a Compass
*European Handball
*Archery
*Golf
Miniature Golf
Frisbee Golf
Blanket Tossing
Lawn Croquet
*Hiking and Backpacking
Fitness Circuits
*Speedball
Tug of War (4 way)
*Lawn Bowling
Lawn Darts
Horseshoes
*Soft Lacrosse
Schmerltz Catching
Collective Blanketball
Triangle Tag
(Pom Pom Pull Away)
(Relay Races)
(Parachute)
(Chain Tag)
[Frisbee Toss for Distance]
[Volleyball Outside]
[Guess Your Own Time Cross Country Race]
[Flag Football]
[Capture the Flag]
[Snatch the Tails]
[European Handball]
[Circle Chase]

WINTER

Ice Activities

*Ice Fishing
Ice Sculpturing
Boot Sliding
Ice Skating
*Curling
[Broomball]
[Inner Tube Chariot Races]

Snow Activities

*Downhill Skiing
*Cross Country Racing and Orienteering
*Snowshoe Orienteering
*Snowmobile Safety
Everybody's It
(Snow Sculpturing)

Ice Activities

[Ice Tagball]
[Pom Pom Pull Away]
[Speed Skating]

Snow Activities

(Chariot Ride)
(Tobogganing)
[Bobsledding]
[Keep Away]
[Hunker Hawser]
[Cross Country Skiing]
[Snowshoeing]
[Ladder Climb]
[Obstacle Course Race]
[Tug of War]

*Only generally discussed. For more information on skills and rules, check the Bibliography.

NOTE: Activities that appear in parentheses and brackets are detailed in the Early Years and Middle Years sections of this booklet, although they may still be applicable to Senior Years students. For a quick overview of the recommended K-12 activity implementation schedule, refer to the chart entitled Suggested Scope and Sequence of Playground Activities, given previously on pages 4-6.

() - activity detailed in Early Years section
[] - activity detailed in Middle Years section

HARDTOP ACTIVITIES

ROLLER SKATING

Recommend that the school division buy some adjustable roller skates that can be shared by several schools. If this is not possible, have students bring some roller skates or borrow a pair from a friend. Try to get some hockey helmets and elbow pads, especially when introducing this activity to beginners. Skating must be done on a smooth, stone-free, hardtop surface. Check with the local roller rinks since they are sometimes willing to put on workshops for schools.

BASKETBALL OUTSIDE

Ask the maintenance department to set up some basketball nets on the hardtop. This could be done in combination with badminton, volleyball, and tennis court markings.

TENNIS

If tennis is introduced using the "half volley method," more students are likely to experience some fun and success from the start. The half volley method involves, as it implies, a half swing at the ball. This enables the player to line the ball up with the hitting surface of the racquet more exactly. This method also allows the student to move his or her hand towards the top of the racquet handle, grasping the racquet close to the hitting surface which helps students with weak wrists.

After students have had some success using this method, the traditional methods of hitting a tennis ball can be introduced.

CYCLING

Touring Cycling

This kind of cycling involves planning a trip by bicycle. Students should be taught such skills as conditioning methods, packing supplies for a trip, loading a bicycle properly, knowing and practicing road safety, map reading, and camping techniques.

Racing Cycling

This kind of cycling involves racing bicycles over a course. Conditioning and safety are the main concerns here.

NOTE: Check with the various cycling shops in the city. Sometimes they will do a free workshop or clinic and supply a lot of the equipment.

FIELD ACTIVITIES

ORIENTEERING WITH A COMPASS

This activity involves mapping out a course marked by various stations. Students must use a compass to find the stations indicated on the map. They stamp their cards with a special marker at each station and race to see who can finish first. Students really enjoy this activity, which provides good practice in cardiovascular running.

NOTE: Please refer to the second entry in the Bibliography, Orienteering Handbook, for more information.

EUROPEAN HANDBALL

Please refer to "Middle Years: Fall/Spring-Field Activities."

ARCHERY

Strict SAFETY rules must be followed. For information on this activity, refer to the first entry in the Bibliography, Physical Education and Sport for the Secondary Student, pp. 128-148.

GOLF

Please refer to the first entry in the Bibliography, Physical Education and Sport for the Secondary Student, pp. 35-44.

MINIATURE GOLF

Set up several mini-hole courses in the school's field. For each, make eighteen 1.8 to 2.4 metre long wooden stakes with flag stapled to them. To mark the holes, space these stakes approximately 64 to 82 metres apart (the maximum range for a nine iron); the start of each hold should also be marked by a flagged stake. Groups of two to three students start at different holes at the same time, all players observing regular golf etiquette when

waiting for others to hit the ball. For each individual hole, a player keeps on hitting the ball until it hits the wooden stake that marks the hole. The player adds up the number of strokes used and proceeds to the start of the next hole. When each group returns to their original hole, they can add up their total score. A good way to finish the miniature golf unit is to take the class to a commercial miniature golf facility.

FRISBEE GOLF

This game is similar to miniature golf in its set up. Everything is performed the same way, except this time the player attempts to hit the wooden stake flag by throwing the frisbee.

FRISBEE ACCURACY CONTESTS

Skill: Throwing
Equipment: 24-30 frisbees; 6-12 hoops and skipping ropes
No. of Players: 24-30

Directions:

Tie hoops from soccer goals. From various distances, students should try to throw their frisbees through the hoop.

Variations: Various types of targets could be set up such as cans, wooden stakes, balls thrown in the air, or wooden pins.

HIKING AND BACKPACKING

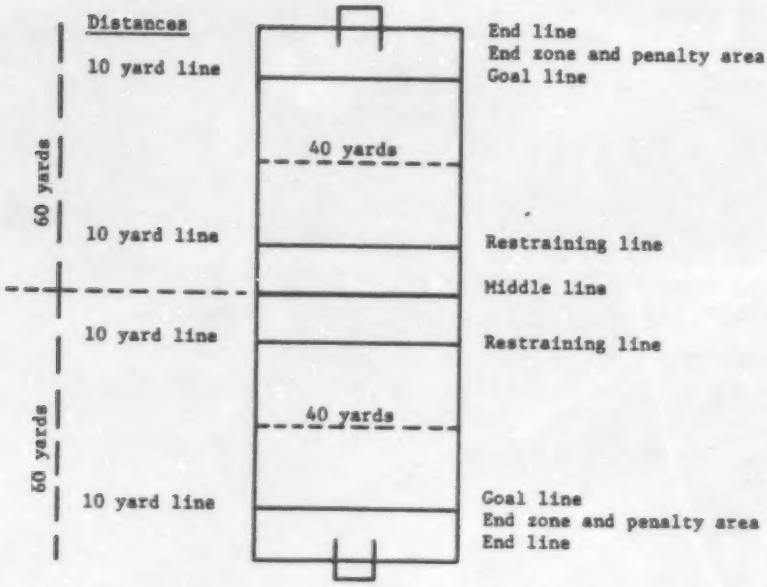
Check with various sporting goods stores. Quite often, they will be willing to help set up clinics and workshops.

SPEEDBALL

Skill: Kicking, heading, passing, throwing and catching, and guarding
No. of Players: 22

Directions:

Speedball is a combination of soccer and basketball. When the ball is on the ground, it is played with the feet and body as in soccer. When it goes into the air, it is played with the hands as in basketball. The basketball dribble may not be used, however; as soon as the ball touches the ground, it becomes a ground ball, and the hands cannot be used to recover it. The defensive team tries to prevent scoring by their opponents and attempts to



gain possession of the ball. Defensive techniques of soccer are used against ground balls and the guarding techniques of basketball are used against aerial balls. The offensive team tries to advance the ball down the field and can score in the following ways:

1. Field Goal - a ground ball kicked under the crossbar between the uprights, counts three points
2. Drop Kick - a ball, dropped from the hands and kicked when it bounces, going over the crossbar from outside the penalty area, counts one point.
3. Touchdown - a ball passed from the field of play to a teammate back of the goal line, counts two points
4. Penalty Kick - a ball, kicked from the middle of the goal line at the soccer goals, going under the crossbar and between the uprights, counts one point.

A ball travelling over the end line outside of the previously mentioned ways is given to the goalkeeper to put in play by throwing or kicking.

Basic Fouls and Penalties:

The penalty for a foul is a free kick, taken at the point where the foul occurred by a member of the team which did not commit the foul. Opponents must be at least five yards away during a free kick. If the defense commits a foul inside its own penalty area or behind its goal line, the offense is given a penalty kick from the middle of the goal line.

Rules:

1. No contact rule - rough play is not allowed (kicking, tripping, pushing, holding, or blocking).
2. Travelling with the ball is not allowed. (Players cannot hold the ball in their hands and run with it.)
3. Players cannot touch a ground ball with their hands.
4. Players cannot kick or knee a fly ball before it touches the ground.

Novel Skills Which Are Used:

1. One foot kick-up - this skill is used when a rolling ball comes towards a player. The player lets the ball hit the toe of his or her foot and, lifting that foot, flips the ball into the air so he or she can catch it.
2. Two foot kick-up - this is used on a stationary ball. The player holds the ball between two feet, jumps into the air so he or she can catch it.

Modification:

To get students to learn to play their positions better, try the following:

1. Defensive players have to stay on their half of the field.
2. Offensive players have to stay on the opposition's side of the field. In other words, offensive and defensive playing cannot cross the middle line.
3. The centre player is a rover and can go anywhere.

LAWN BOWLING

Check with various lawn bowling associations or with Parks and Recreation. They may be willing to stage a workshop or clinic, with equipment included.

HORSESHOES

Skill: Underhand throwing

Equipment: Two horseshoes per player are required, so collect some old metal horseshoes or purchase some rubber ones from a sporting goods store. Ask the maintenance department to put in some horseshoe pits. (Check with the Parks and Recreation Department. Sometimes they install horseshoe pits inside local hockey rinks that have not been blacktopped.)

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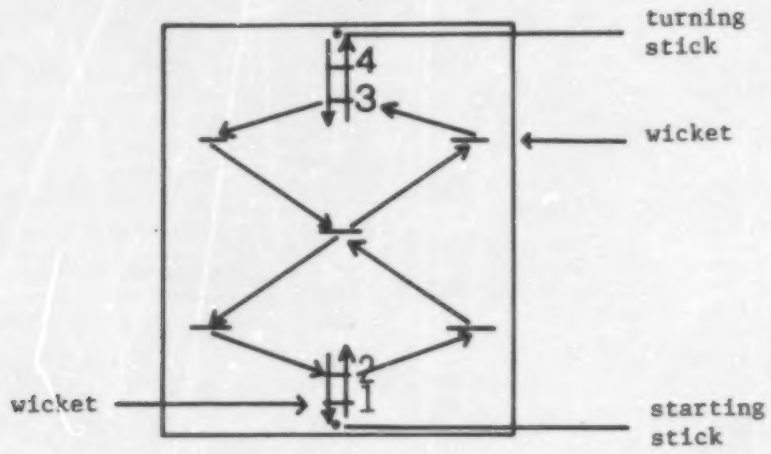
No. of Players: 1 vs. 1

Directions:

The two opponents take turns throwing their horseshoes at the metal peg in the ground. The player closest to the metal peg gets a point. If a player has two horseshoes closer to the metal peg, then he or she scores two points. If the opponent's horseshoes are the same distance away from the peg, they cancel each other out.

LAWN CROQUET (4:240)

Skill: Striking or hitting an object
Equipment: Croquet set with mallets, balls, wickets and two sticks
Improvised Equipment: Make wickets out of bent coat hangers, use field hockey balls or solid rubber balls, use baseball bats for mallets.
No. of Players: 4 per game



Directions:

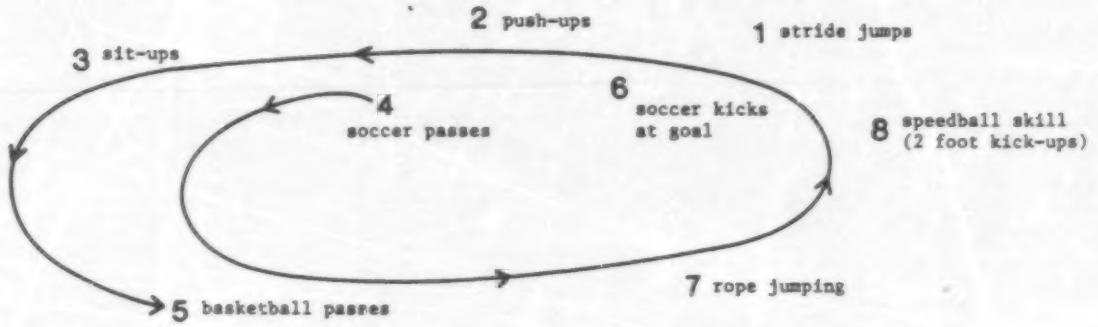
One mallet handle length separates wicket 1 and 2, wicket 3 and 4, the starting stick and wicket 1, and the turning stick and wicket 4. The object of the game is to be the first player to complete the course by hitting a ball through the wickets. The first player starts a mallet head length from the starting stick. If the ball goes through a wicket, the player is entitled to one more hit. An extra hit is also gained when the player hits the halfway (turning) stake. When a player hits the starting stick with the ball after completing the circuit, the game is finished. During the game, each player in turn gets one stroke. This must be a hit, not a push, and each stroke counts even if the ball moves only slightly.

When one player's ball hits another's, the player who made the hit may:

1. Take two extra strokes, after laying his or her ball a mallet head length away from the hit ball, OR
2. "Croquet" another ball, which involves taking one extra stroke. To croquet another ball, the player places a foot on his or her own ball, which is situated next to the other ball; when the player proceeds to hit his or her own ball, it remains secure while the other ball is sent off in any direction.

FITNESS CIRCUITS

Set up six to eight fitness stations around the outside of the field (e.g., stride jumps, push-ups, pull-ups, soccer passes — moving with a partner between two lines, basketball passes — moving with a partner between two lines, soccer kicks at a goal, rope jumping, speedball skill — two foot kick-ups). Divide the class into the same number of groups as there are stations. Each group starts at a different station, and one group member is chosen to count as points the number of times specified activities are performed at each station. To begin the activity, allow ninety seconds for each group to run one lap around the soccer field and do their tasks at the next station. All groups run at the same time. As soon as students get to the next station, they can start to make points. At the end of the ninety seconds, blow a whistle and allow the students time to add up their score. When the next whistle blows, they have ninety seconds to again run one lap around the field and do their tasks at the next station. After all the stations have been completed, each group adds up their total score and, if the teams have uneven numbers, divides by the number of players in their group. The team with the highest total (if teams are even) or the team with the highest average score (if teams are uneven) wins the fitness circuit.



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Eight groups can perform the circuit diagrammed above at the same time.

1. Each group starts from a different station, having ninety seconds to run once around goal posts from the starting station to the next one on the circuit.
2. Each group member does as many repetitions of the task as possible before ninety seconds are up.

TUG OF WAR (4 way)

Please refer to "Middle Years: Winter-Snow Activities."

LAWN DARTS

Skill: Underhand throwing with accuracy
Equipment: 2 small plastic hoops set approximately 9 to 12 metres away from each other; 4 plastic lawn darts (two of one colour and two of another colour)
No. of Players: 1 vs. 1

Directions:

Two players stand beside each other at one hoop and alternately throw the darts at the other hoop. A dart landing inside the hoop is worth three points. If two darts of opposite colour land in the hoop, they cancel each other out. If no darts land in the hoop, then the dart closest to the outside edge of the hoop gets one point. If one player has both darts closest to the hoop, they score for both darts; that is, one point plus one point, or three points plus one point if one dart is inside the hoop.

NOTE: Darts must stick in the ground to count.

SOFT LACROSSE

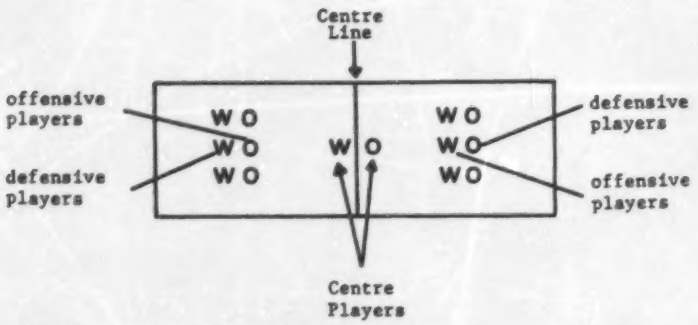
Skill: Throwing, catching and trapping
Equipment: 2 floor nets; 1/2 soccer field; 24-30 plastic lacrosse sticks; 1 soft 7.5 to 10 cm (3 to 4 inch) ball (gas filled)
No. of Players: 7 vs. 7 or 6 vs. 6

Directions:

For soft lacrosse booklets, contact the Department of Education, Curriculum Development and Implementation Branch (Physical Education), 411-1181 Portage Avenue, Winnipeg, Manitoba R3G 0T3, or the Manitoba Lacrosse Association, 1700 Ellice Avenue, Winnipeg, Manitoba R3H 0B1.

Divide the class into four teams to make two games. To improve positional play and to prevent one or two people from dominating the game, try implementing these rules:

1. All defensive players have to stay on their respective sides of the field.
2. All offensive players have to stay on their respective sides of the field.



N.B. Only the Centre Players can cross the Centre Line

3. Centre players are rovers and can go anywhere on the field.
4. Defensive players cannot score.
5. Offensive players must make at least one pass before they can shoot on a goal.

NOTE: Every three or four minutes have the offensive and defensive players switch. Soft Lacrosse emphasizes skill development and eliminates body contact.

Rules: (to eliminate body contact and rough play)

1. A defensive player cannot use the lacrosse stick to knock the ball out of the offensive player's stick.
2. When there is a loose ball, the first player to put the pocket of his or her stick on it automatically gets possession of it. This player can no longer be touched by a defensive player.
3. No body contact at any time is allowed.

Any violations of these rules result in a penalty shot by the fouled player.

If players are shooting the ball too hard at the goalie, you can try the following:

1. Give the goalie more protective equipment.
2. Play without a goalie.
3. Cover the front of the goal with a piece of plywood, with a medium size hole cut out of the centre. A goal is scored when the ball goes through the hole.
4. A solid piece of plywood could also be used to cover the goal area. Any ball hitting the plywood squarely would then be a goal.

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SCHMERLTZ CATCHING (9:27)

Skill: Throwing and catching
Equipment: To make a schmerltz, get an old tube sock, put a solid sponge rubber ball in the toe of the sock, and tie a knot just above the ball. Make at least 12.
No. of Players: 20-30

Directions:

Two players stand about 18 to 27 metres away from each other. They throw the schmerltz back and forth to each other by twirling it around underhand a few times before letting go. The players try to catch the schmerltz by the tail end of the sock, first by using two hands to catch the tail and later by using one hand. Have a contest to see which pair can make the most catches without dropping the schmerltz.

COLLECTIVE BLANKETBALL (11:69)

Skill: Underhand throwing and catching
Equipment: Some old blankets and some old towels; 6-12 basketballs
No. of Players: 2 vs. 2 (small group) or 6 vs. 6 (large group)

Directions: (Small Group)

Two players work together by holding an old towel between them, a basketball in the middle of the towel. When the players are ready, they catapult the basketball up in the air. Another group of two players try to catch it in their towel. This same activity can be tried with old blankets and a large group. The object is to see which group can score the highest number of throws and catches without dropping the basketball on the ground.

TRIANGLE TAG (10:43)

Skill: Balance, feinting, tagging
Equipment: None
No. of Players: 4 to a group

Directions:

Three players join hands and make a triangle. One of the three players volunteers to be the target. The fourth player stands outside the triangle as the chaser. The object of the game is for the chaser to try to tag the target person. The three players in the triangle all cooperate to protect the target, by moving and shifting. The target cannot be legally tagged on the hands or arms or from across the triangle. Set a time limit of sixty seconds, so everyone gets a chance to be the chaser and the target.

ICE ACTIVITIES

ICE FISHING

For information, try contacting the Department of Natural Resources (provincial government). Also, try contacting various sporting goods stores that specialize in fishing equipment since they may agree to put on a free workshop.

ICE SCULPTURING

Set up some contests where groups of students can make different snow/ice sculptures. Powdered paints could be used to add more life to the statues.

BOOT SLIDING

Skill: Sliding, balancing
Equipment: Boots with a smooth sole or moccasins; a hockey rink
No. of Players: 20-30

Directions:

Six to eight students line up against the edge of the hockey end boards, spacing themselves at least an arm's width apart before they begin to run. When the whistle blows, this first group of students push off the boards and run as quickly as they can to the blue line. At this point, they stop running and let themselves slide as far as they can. To control their balance, students should make sure that they take short, choppy steps when they run. A tape measure can be stretched out along beside the boards and approximate distances can be called out by one of the players not sliding at the time.

ICE SKATING

Skill: Skating balance
Equipment: Skates; rink
No. of Players: 20-30

Directions:

Organize various relay and tag games or, a game of broomball (see "Middle Years: Winter Ice Activities"). Organize free recreational skating once in a while. Try to make arrangements to have some music playing. Perhaps one of the students could bring a battery-powered tape deck to the rink.

CURLING

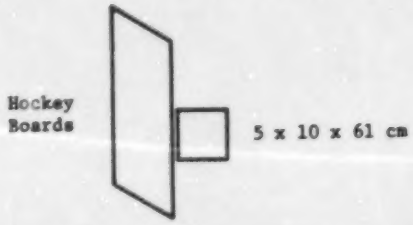
This activity is similar to jam pail curling (see "Middle Years: Winter Ice Activities"). But the following modifications make it more like regular curling:

1. Four players to a team.
2. Sweeping is allowed.
3. Each player assumes a position on the team (lead, second, third, skip).

The skips call the shots by holding their brooms on the ice as a target for the other players. Each player takes a turn to throw one or two curling rocks, depending on how many are available.

NOTE: Try to purchase some commercial curling rocks. (Jam pail curling would not be a satisfactory experience for this level.)

To allow the students a better push-off when throwing the curling rock, try nailing four 61 centimetres long, 5 by 10 centimetres, pieces of wood together in a square. Lay this square on the ice in front of the hockey boards (see diagram).



If there are no circles painted on the ice, use a bean bag as the target. Each curling rock that is closer to the bean bag than any opponent rock counts as a team point. Curling rocks the same distance away from the beam bag cancel each other out.

SNOW ACTIVITIES

DOWNHILL SKIING

Check with the various downhill ski resorts in Manitoba. Quite often they offer special rates for school groups, which usually include equipment rental, lessons and lift tickets. The school would have to rent a bus. Students need at least 1/2 to 1 day off classes to make this a worthwhile experience. Try to plan this activity at a time when teachers are most likely to give up class time; e.g., just before Christmas break, Easter break, etc.

CROSS COUNTRY RACING AND ORIENTEERING

Try organizing some Cross Country Ski Races.
Try combining Orienteering and Cross Country Skiing.
Try planning some Cross Country Ski Touring in a Provincial Park. Students need 1/2 to 1 day off classes for this activity.
Refer to "Middle Years: Winter Snow Activities," for the description of a basic introductory lesson.

SNOWSHOE ORIENTEERING

Have students combine snowshoeing and orienteering.

SNOWMOBILE SAFETY

Check with local commercial companies who may be willing to set up a clinic for students. Also, check with the Manitoba Safety Council, who may offer courses in snowmobile safety.

EVERYBODY'S IT (10:159)

Skill: Dodging and tagging
Equipment: 4 boundary markers (empty bleach bottles may be used)
No. of Players: 20-40

Directions:

Set up the four boundary markers, marking off an area of approximately 36.5 by 36.5 metres in a snow covered field. Get everyone to spread out inside of this area, so that the players are equally spaced. Everyone is "IT." When the whistle blows, everyone tries to tag each other. Once tagged, players are frozen. The object is to see who can be the last player not tagged. If two people tag each other at the same time, they are both frozen. If students find it too hard to play this way, they can use flag football belts. All players wear flags on their belts, and once they lose their flags they are frozen. Each game is played quite quickly. Each class could probably play 8 to 10 games in five minutes. If a game starts to drag out, allow the group of winning players to start another game.

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